hydra press & distro

Notes From A Concrete & Blood-Stained Mountain

Statements and Writings from Prisoners at Red Onion State Prison, March-December 2024

ending it all. I've never been so damn scared in my life. This is the reason why I lost all energy to do something because I know me stressing over things that I have no control of be triggering my migraine. I'm just praying that this doesn't be the death of me.

Red Onion may be uniquely evil, but lest we forget it's the system working exactly as it's intended to.

Red Onion must be shut down immediately, and nothing built in its place.

Echoing the call of Khalida Jarrar

Empty the Prisons!

Fire to all prisons, jails, and detention centers

On December 26 2023, a group of prisoners at Red Onion State Prison began a hunger strike protesting the torturous conditions of their use of long-term solitary confinement (or what the prison renamed as "restorative housing" to placate the liberal fascists)*. Their demands were:

- **Release prisoners from "restorative housing"**
- **Restore visitation rights of prisoners so families may check on them**
- **Access for families to inspect conditions of prisoners**
- **The transfer of Rashid Johnson back to Sussex I prison for proper medical treatment for cancer and congestive heart failure**

Kevin "Rashid" Johnson, a revolutionary journalist, artist, and Minister of Defense of the Revolutionary Intercommunal Black Panther Party, speaks on his account of the hunger strike published on rashidmod.com that on December 30th, Red Onion officials divided the hunger strikers into different cellblocks, which led to the hunger strike doubling in size, from seven to fourteen. By February 2024, As the hunger strike progressed, unfortunately but not surprisingly so did repression. Rashid wrote of his experience:

"That morning a Sergeant Osborne was ordered to turn off the water in my cell so I couldn't drink, flush the commode, bathe nor clean the cell; he also took most of my personal property including hygiene items, books, all bedding except a mattress and two blankets, etc. As these measures also failed to coerce me off the strike, I was moved on Jan 3, 2024 into a cold isolation cell in the prison's medical department, where all my remaining property was taken including my law books, eyeglasses, all writing supplies and my blankets. To further isolate me, several other striking prisoners who were previously housed in the medical department were moved out when I was brought in. I was held alone in the medical department."

Artwork by Rashid Johnson

*As a result of the United Nations declaring solitary confinement for more than 2 weeks to be torture, VADOC disguised but refused to end their use of the torture method by calling it a "restorative housing" step-down program. In 2021, the court found that the program was unconstitutional, abusive, and still constituted solitary confinement. VADOC retaliated against the prisoners that sued them, and started a lengthy, still unresolved appeal process. For more information, read "RETALIATION FOR LITIGATION: VIRGINIA TARGETS PRISONERS SUING AGAINST SOLITARY CONFINEMENT (2022), by Kevin Rashid Johnson at rashidmod.com

To combat this isolation and repression, outside supporters organized a phone zap demanding an end to the torture of solitary confinement and for Rashid to be transferred to a facility with a medical center that can address his health conditions. People in the so-called free world also organized events to write letters to hunger strikers to send their love and support. Though people ended their hunger strike on different days depending on varying health and retaliatory conditions, Rashid, the last-standing hunger striker ended on March 5th, 2024. By this time, Rashid was transferred to the medical infirmary at State Farm Prison where he reported being near loved ones and major medical facilities and "our/my hunger strike demands being largely satisfied".* Unfortunately, solitary confinement under the thin veil of so-called "restorative housing" still exists, but the strike effectively raised the contradiction of VADOC's fraudulent restorative housing "reform", as well as grew and strengthened inside-outside relationships and networks.

To zoom out a bit, Red Onion State Prison is a supermax prison built in 1998 during a statewide prison expansionist boom alongside a neighboring prison called Wallens Ridge, located on an Appalacian mountaintop near the remote town of Pound, Virginia. Holding approximately 800 people hostage, Red Onion has the highest rate of solitary confinement in Virginia. Although VADOC officials will deny the existence of solitary confinement and instead use "restorative housing" or the "step down program", the conditions are the same: prisoners are still locked up in a tiny cell for 20-23 hours per day with severe limits to communication and heightened abuse by prison guards. Around 60% of prisoners at Red Onion are tortured in solitary confinement - lasting for months, and in one case from 2016-2018, over 600 days.* *

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*For Rashid's entire statement, read "VIRGINIA OFFICIALS RESPOND TO PRISON HUNGER STRIKES BY TORTURING STRIKERS (2024) at https://rashidmod.com/?p=3594

** https://theappeal.org/a-virginia-prison-held-a-man-in-solitary-confinement-for-over-600-days/

For more context on the 2023-2024 Hunger Strike and conditions at Red Onion, read/listen to The Final Straw Radio's interview with Shuapavu wa Kirima:
https://ia601301.us.archive.org/31/items/tfsr20240121-RedOnion-IsraeliResister/red-onion.pdf

lockdown two days before. I then switch my statement from me never having possession of a weapon let alone stabbing somebody, to me saying that I broke the weapon and flushed it. They used that statement against me and put me in long term segregation. When you read the charge it stated that I was striking [a] dude as in a stabbing motion but I never received a charge of any assault. On March 12, 2024 the officers came to my cell so they can search my cell. When they were done with the search my cell looked like it was hit by a hirricane. When the officers left my cell, I attempt[ed] to step back in my cell before I was told I had to go get body scan which is in a whole different building. Thats when a 7 inch weapon popped out from nowhere. I was told if I wanted this to go away I need to stop bitching, writing shit up, and get my damn people to stop fucking calling up here. In which I refused to do and because of that I'm currently in long term segregation. I don't have no one in the outside world who to go back for me, and for that reason I'm stuck back here. Ms.[redacted], I've been in long term segragation since October 4, 2023 and that weapon charge that they planted in my cell is the only charge that I received during my time in L.T.S. I'm stuck between a rock and a hard place. If I act out, it will only give them more than enough reson to make my stay longer. If I don't do nothing, then my stay is even longer. I don't do nothing anymore. I used to workout everyday. I don't have the energy that I once had. Don't get me wrong, it's not done by choice. I'm 49 years of age and I spent 26+ years in prison. I was placed on medication by mental health, and I kept having episodes when I'll get lightheaded and the next thing I know I'm getting off the floor. The last episode that I had, I split the top of my eye open. I had tests done on my heart, medical department couldn't tell me what was wrong. I haven't taken none of those mental health med in a month now and I haven't had an episode since. That's not the end of my problems, since I stopped taking those meds, I'm now having migraines. The longest that it lasted at one time was 5 days. The pain that I be experiencing is unbearable, like I honestly be wanting to ram my head into the steal door or the concrete wall or better yet

Letter from D ~ December 2024:

How are you doing? InshaAllah all is well with you, family, and team. As for myself, I'm here, trying to find some good in these messed up situations that we're always faced with. I'm writing to update you on this messy weekend starting with Friday 22nd.
On 11.22.24 the officers came to my cell at 6:25 am to strip search me for outside recreation. I don't know exactly when it snowed on Thursday but I do know the weather was 43°F and snow was on the ground. I followed the strip search procedure, I then placed the clothing that I was going to wear outside in the box so it can be searched. The items that I places in the box: boxers, socks, 1) T-shirt, 1) set of thermals top and bottom, 1) tobogan, shoes, and state issued scrubs. After searching all my clothes that were in the box, they told me I couldn't wear my thermals outside. I statedL: Man its cold as fuck out there. There response was: I don't care, no thermals witll be worn outside. At that point I just got my clothes back and I told them: I'm not going outside.
On 11.22.24 at approximately 7:15 am officers came to my cell (C220) to strip search me before escorting me to the shower. The showerwater was so cold, that I didn't even take a shower. Once back in my cell, I washed up at the sink. This was my crazy weekend.
They sell us personal clothing through commissary, but during the summer we're not allowed to wear our shorts outside and during the winter we're not allowed to wear our thermals. Its only like this in long term sefregations. That is their tactic to stop us from going outside, and the cold shower is their tactic to stop us from going to the shower.
I wanted to share something with you so can have a better idea of this foolishness that we're faced with on a daily. On 10.4.23 while in population I was in a fight with multiple inmates. One inmate did get stabbed, but I wasn't the who stabbed him. The officers pointed the picture to me as though I was going to be placed back into population, and it will also save them the trouble of shaking the pod down again, being that we just got off

Within only a year of Red Onion's opening, prison guards and administration received a well-recorded track record of racist, particularly anti-Black abuse ranging from (least legitimately) the NGO Human Rights Watch to (most legitimately) direct prisoner accounts documented by publications such as Prison Radio and rashidmod.com. Most recently, the prison has received international infamy through the uncovering of at least nine prisoners self-immolating in 2024 to try and be transferred out of Red Onion's uniquely harsh torture. Some of the prisoners have bravely published statements, including Demitrius Wallace, who also participated in the 2023 Hunger Strike:

Lastly on Aug 23, 2024 while being housed in solitary confinement being harassed and threatened by several prison officials, being denied showers and given trays with no food on them to the point that I felt as though my back was against the wall, I set the top of my foot on fire in desperation to get off the compound and have something done about what I was going through...This caused me to receive third degree burns and undergo two surgeries and receive a skin graft. I spent 14 days at Virginia Commonwealth University hospital. Where I was then sent back to Red Onion where the same things are still happening. But now I'm being denied my phone and email access while still housed in solitary confinement. Also since I set myself on fire at least 9 other prisoners have done the same or worse all in desperation to get help.
-Demitrius Wallace | Read the whole statement at https://rashidmod.com/?p=3667

This zine includes testimonies shared between March & December 2024 by comrades at Red Onion State Prison who expressed permission to publish, and some content was requested anonymous. Because Red Onion goes on lockdown on a ridiculously regular basis, the mailroom blocking mail correspondence beginning around September 2024, reduced kiosk days, and increased restrictions on calling, correspondence has decreased as the months progressed. Regardless, we humbly thank everybody inside Red Onion who we had the opportunity to talk to, regardless of whether or not testimony was shared here. We cherish the conversations and laughs we have beyond the contents of this zine, as always, we send our love and solidarity. We also want to thank our other loved ones who supported with transcribing letters, organizing thoughts, fighting long bouts of executive dysfunction, and encouragement through both words and actions.

Although the testimonies primarily focus on the prison's harsh conditions, it's vital to uplift and concretely support prisoner resistance and rebellion in all its forms. Prisoners have always been and will always be agents of their own liberation through daily acts of defiance, both big and small. 2023 wasn't close to the first coordinated hunger strike at Red Onion - there were others in 2012 and 2022, and there have been smaller, less publicized hunger strikes since. Despite attempted cover-ups by PADOC, the public now knows that for over a year, dozens of prisoners at Red Onion have self-immolated in attempt to be transferred and escape the horrific, daily racist abuse and neglect they experience. For over 10 years, in spite of the serious censorship and retaliation from correctional officers and administration, Rashid Johnson has been tirelessly exposing Red Onion State Prison's unabashed abuse. Since Red Onion's inception, prisoners inside have been battling this site of attempted genocide. May these accounts serve as fuel for abolitionist solidarity alongside captives within the colonial prison regime.

Letter from March 2024 (anonymous)

Hopefully by the time this missive finds you all is well for you and those blessd to be in your surroundings.
Thanks you for your words and for taking the time out of your day to show love and support. This VA prison system is beyond corrupt and harsh and no light gets shedded on the things that take place. I came back to segregation for a simple fighting charge in which you only do 7 days in the hole for. And in the mix of me being back here A guard and myself got into an argument and he wrote me a threatening to kill charge and a conspiracy to riot charge saying I tried to bring inmates together to go against and stab police. Honestly that charge is false but I did threaten to stab him "out of anger" because he said he would "bash my face in like Emmitt Till". This mountain region far as Red Onion and Wallens Ridge have a lot of racist white people from this region and they're all family members. The Mullins, Collins, Flemings are all over both prisons. Nothing gets done and the inmates down in VA aren't like guys on the west coast. They're quick to fight each other but not for our rights.
They are trying and ready to send to long term segregation for these threatening charges and thats not right. Plus long term segregation is pose to be outlawed in VA. I been back here in seg since Nov. 20 [2023] under RHU [Restorative Housing] status and not being allowed to do the step down program like other inmates in whey get their t.v., food, and able to order food while back here. They are lying to Richmond like they're doing the program back here in segregation but they're not. Even before the hunger strike, I came back here physically fit from working out daily but I was almost 170 solid and my weight dropped to 133 in 3 weeks. The way they feed you up here the portions are meant to be for a 5 year old child. We literally get 2 small pieces of bread, 2 boiled eggs, and about 4 spoonfuls of oatmeal for breakfast. For lunch a hand full that can fit in your palm of diced carrots a burger patty, 1 cookie, 2 pieces of bread. They only give us the correct amount of food

Exerpt of a letter from S, December 2024:

I have been incarcerated at Red Onion State Prison since 2021. Since being at Red Onion, I have been sexually assaulted by two female officers, which is a current pending lawsuit ongoing against Red Onion staff and administration. I have been threatened on numerous occasions by staff and administration that a knife will end up in my cell if I didn't drop my lawsuit. The courts still didn't take my words or move me to a different region as requested. On 12/5/24 I was moved to a single cell from a 2-man cell. Upon being moved, another inmate was being moved out of that cell. I was placed in that cell without the officers inspecting the cell to ensure the cell was in compliance, eveyrthing was working, and no contraband was left behind by the previous inmate who occupied that cell. Nor did I sign anything. On 12/8/2024 a cell search was conducted by an officer, upon searching my cell a knife was found in my vent. I never had any kind of situation like this before here or at any prison...the administration has fulfill its promise to place a weapon in my cell...I am obviously being retaliated against. On 12/4/24 approx around 10am-12pm, I was sexually assault by a rookie officer when she was left unsupervise with me while painting another pod. The officer had constantly denied me the phone to make a call to make a PREA call to report this incident! I have been incarcerated for 14 ½ years and only have 5 institutional changes! I also have a pardon pending in the governor office. I have been threaten that my pardon will be ruin due to this lawsuit and Western District Courts have been inform of this as well...I don't get in trouble and this is clearly a set up to fulfill their promise!
...They have denied me access to the phone and somehow no-one is getting my mail. They do this b/c nobody interfere and step up to help us here as needed. They have a good cover up-game! Once the courts and Richmond truly don't believe that they are doing to us is real.

get them to come back here while a few of these guys have had strokes so you're basically going to lay in your cell and face death. We might be convicted of a crime but we are human and these racist pigs get away with crimes every day that they come to work.This is a prime example of why the recidivism rate is high because going through this before going back into society makes you a cold person inside.It makes you hate law enforcement and a lot of these guys from my African american background wasn't racist at first,but it made a lot of guys racist from being in this region where modern day slavery still exist...

when Richmond DOC does a walk does a walk through. And then its back to the meager meals. Without commissary you can barely survive. They feed you enough to just keep you alive. Theres so many laws and policies being broken in Red Onion and Wallens Ridge state prison but nothing is being done. They been getting away with this since those 2 prisons opened. Wallens Ridge for example - they are only given guys 1 hour sometimes 2 of rec a day but the new policy says we are supposed to get 7 hours out daily but they their own rules. We get about 3 up here. They're trying to take away our contact visits far as only being able to see your mother, father, siblings, or you have to be married to see your woman because they claim the fentanul epidemic but theres not ODs up here. Theres barely drugs period.
They're raising prices on commisary but only give us $30 checks a month. Far as class and programs, we stay locked down so much you barely get to go to school. The mindframe that this place keeps you in is negative and that's the reason when guys go home they come straight back, The mentality that you go home with is basically anger and violence. And it's sad.
The new director is from this racist region and used to be a prosecutor so he's no better than the director we just had. I wrote him and the governor multiple about these things and my situations, and haven't gotten a respons. I came off the hunger strike behing them telling me they will let me go back to population but it was a lie so I'm planning to do another one soon and I'm going to go until they put it in black and white on paper. At least get an out state transfer. I don't mean to talk your head off but this VA system is something else.

Message from Web 3.27.24

Its truly a struggle here its soo much more taking place along with them just raiding me & my uncles cell back here & trying too plant a knife
I want too disclose his name but I know that the investigators will close & delete this message for having another offenders name present But YES i have soooo much more too share I want EVEYTHING too be public & whatever needs too be done on my behalf I would Love too do soo too tear down this corrupted empire
ive literally watched them spit chewing tobbaco in indivivuals food during Ramadan with actual proof of footage & i can retrive multiple affadavits with their names in case they try too discard the footage Every grievance ive been putting in has been getting discarded but either way i wrote you another letter THANK YOU VERY MUCH whatever i need too put forward Please let me know this is being rushed because we only get too send mail out once a week every wednesday and i only have 20 min too do so..with honor & courage

Exerpt of a letter from Web, March 2024

Back in October 2023 a good comrade of mine Akeem Young was back here in long term in G4 pod where everytime to go too the shower your shackled and handcuffed then placed into a tiny shower with a dim light and locked into the shower. All well while inside the shower he was in, the water was scalding hot making him dehydrated and he passed out and hit his head in the shower. Here at Red Onion the police will leave you in the shower sometimes for up to 4 hours! Akeem was already dead for over 2 hours before the corrections officers even realized he was dead...Just a real example too show they don’t care about us.

such as covering up a light in the cell,or opening a tray slot which is considered a serious charge but in reality its not.. People are being sent here for the pettiest charge and made a max security inmate..Since I've been here-i went from never having mental health problems to having severe anxiety,depression and PTSD. Mental health staff doesn't make rounds and if they do they refuse to give you the proper treatment and help...I ask myself,how do they get away with this.But this is the lifestyle of almost every prison..Being called a "Nigger" on a daily by staff members and facing everything that I spoke about throughout this message should never take place..They built this prison in a region where racism still exist. They put us in an environment where if you have problems with one of these so called cops, You have a problem with them all because 98% of them are family that work here.We have no wins.We barely have a voice.Today they came to our cells to pull us for rec and denied everybody outside rec because the cell (so called) wasn't in compliance..I got denied rec for having a shirt over my toilet because my toilet had feces inside of it while feeding breakfast the morning..They have me in a cell where I can't flush my own toilet they have to flush it from the outside.They made these cells for guys whom they claim flood their cells but I never flooded my cell before.They just made the first two cells in each unit flood cells which is against the law and policy because you're suppose too have access to running water,working toilets inside your cells at your own discretion..The guards act like they have a problem every time we ask then to flush our toilets,so what I was suppose to do while being served breakfast with no one flushing my toilet and I had feces inside of the toilet..I covered it up in which every inmate through out the world cover the toilet up with a towel etc.. even if they don't have anything in the toilet..I couldn't go outside for my recreation time for that..But these are the same people whom are suppose to make rounds every thirty minutes but they're making rounds every hour in a half but forging documents like they're doing their rounds.Some guys back here have strokes and its no way we can

Message from Ez, 10.30.24

Red onion state prison is something that we call modern day slavery...From police brutality, bigotry,mental abuse,barely receiving 1,000 calories a day are just a few of the things we face daily inside this hell hole...I've witnessed these so called officers go inside inmates cell and beat a man for no reason at all..Spraying us with mace behind an argument... Breaking our televisions in the cell,our tablets-Spraying mace inside of our lotion bottles when we're outside is just a portion of what we face..Guys losing massive amounts of weight from being fed child size portions of food because the kitchen supervisors receive bonuses for saving d.o.c. money through out the year..They say this place is suppose to rehabilitate us,but it only makes you worse inside..This long term program is suppose to be ran as a program instead of segregation but they're not giving us classes their not allowing guys to even take their g.e.d. We write things up,but the process of complaint and grievances are a joke..Nothing gets done.. The department of corrections and even the senate will do a walk thru at times..They'll clean the place up,treat us with respect and even feed you the correct portions of food and portray like they're giving us classes back here..When the people leave, it goes back to the same nightmare..The directors and senate don't make rounds through the units when they do walkthroughs... We are fighting a fight that seems like we will never win...Only being able to make two phone calls a month and only sync our tablets maybe once a week to reach out to family and friends makes it even harder..Not being able to hear from our loved ones on a daily basis like the rest of the compound affects our mental hard back here..This prison is ran by family members and childhood friends whom was raised in a racist environment in these mountains. They stick together and find ways to beat the system and make it look like we are the problems.. This prison was built to be a supermax with violent inmates..But majority of the inmates that reside here have petty institutional charges

Message from Web 4.28.24

I have tried too send you 2 emails..one on the 24th of this month & another on the 26th..too let you know we were on lockdown..The investigator's denied both of them just out of spite..I pray you get this one..
The compound has been putting us on lock every other month now too just be petty..
I was briefly speaking about my aspirations of what I would like too accomplish & be a voice for the troubled Youth too not proceed down the path of which I had chosen at such a young age..
My first incarceration was at the age of 12years old & got out when I was 14..from group homes too juvenile prisons all the way up too my age of 19 where I was sentenced too 16 years & ran my time up too 18years 15months & 50days..I've come a VERY long way & I just want too be able too help EVERY one that I can too the best of my ability.. Define a legacy & a pathway for the one's that seek change & too fight this corrupted system I'm 31 years old preparing too be 32 through the Grace of Allah

Message from Charlie 5.22.24

Wednesdays our main sync and kiosk day but can sync every shower day Fri,Sunday, and Wed to download music news and messages and our basically on 23\1 lock the harshest solitary I've experienced in over thirteen yrs of the shit!!They don't want word leaving this nepotism infested mountain and region caulked full of evil and corruption... I've lost 32 lbs and am starving 24/7 barely relieved immediately after eating my sealed meal mostly soy ready made meals our dogs wouldn't hardly sniff.Then when I write it up they lie saying servings are up to policy sized servings regularly checked for appropriate serving size and quality control,yeah right the fox guarding the hen house on steroids! I've not gotten to trade my two limit library books in over two months and was told grieving library is not a issue personally effecting me!?Along with all my mental health crises being placed onto me! I will have more for you on Friday unless we're on lock!? Respect's and solidarity's scrapnasty!!

Currently locked in a tiny steaming hott super small shower cage for the last hour and a half because the floor staff/correctional officer's (alcoholic incompetent hill Billy's) Are only here to scam the least amount of work out of their day while torturing and taunting us like the sub humans they consider us to be :(When they do successfully get one of us to react and physically crush someone afterwards they all high five and replay the horrible physical abuses like a mod of teenagers!!And we're the animals unfit for society!?If I documenting the horrors that I've seen in my seven months I would be sick from reliving my traumas!? I've lost over thirteen years in solitary confinement already and am lucky to have some sanity left to push forward!?I hope to make a difference in those behind my lost years of solitude,sensory deprivation, loss of depth vision ,paranoia, depression, and so much else unmeasurable losses!?This isn't american in any definition of that lie!!??*

*Editor's note: we say this with all love and respect for the writer, these manifestations of the prison regime are very amerikkkan

to take me up to modify the term of the longterm behavioral pathway that they currently have me on. According to them when Virginia Department of Corrections headquarters administrators come for an audit in October there will be a recommendation made to release some inmates earlier from longterm. I had also been requesting to be shipped out of state. So they said that once I received my status in November they would put me in. Not sure as to where I'd want to go just yet. Just looking for a fresh start in a less racist, restrictive or oppressive setting.

Message from Blocko 9.4.24

I just wanted to give you a brief summary of how things eventually led me here.There are much more memories that would paint my experiences throughout life in a different texture & light. All has not been so traumatic or dim. Since that time I've grown to understand & recognize that sometimes you have to take broken pieces of your story, to reflect & realize your purpose...

To answer your question in regards to the information that I've been asking you to send, it simple. There are a lot of unlawful things that not only the correctional officers do, but the administration also mandate that inhumanely violates our constitutional right. The conditions here at times can be compared to a Nazi concentration camp. From them feeding us less than adequate amount of food as a means of torture in long-term segregation.To the officers beating inmate and hog tying them in metal shackles for hours. To them stripping inmates and throwing them inside of cells with human feces left smeared across the walls, & windows, not sanitizing these areas for month. As a result it is also infested with various insects & flies as well. To them continuing to infringe upon of rights to have visitation and making it harder to reach out to our families, attempting to limit our abilities to report their treatment.Etc...

The gist of it is that when we have knowledge of the directives & procedures that they're violating, we can then take necessary actions via lawsuits and exposure, deterring these people from committing unjustified abuses against inmates and force some change in policies to see to it that it no longer happens.Naseem is okay.He's still going through court proceedings for an escape. So the chances of them considering releasing him to general population in the state of Virginia, is kinda farfetched right now. Despite the failure to see that happen, some compromise have been made. Our hunger strike was brief due to the administration higher ups coming to speak to us and agreeing

Message from Ez, 5.29.24

Just dropping sum lines ur way to holla at u and trying to clear my thoughts cause these people got me in a fucced up mood..This prison and the one up the street from here called wallens ridge has gotten away with so much illegal and demoralizing shit for so long ,its like when its going to stop..Virginia guys well this young generation don't push the issues on things these days but this shit they doing to us on long term seg is crazy..its literally 2:45 p.m. and they're feeding us our dinner trays and if u don't have a status back here to order food,we can't eat again until they bring the breakfast trays at 6:30 am. tomorrow..The sad thing is the way these trays are lacking a lot of food..Every guy that came from prisons from other States said they can't believe this shit is like this and they're getting away with it..Then when u write these people up,the unit manager that runs the building -him and other officers come to your cell to shake it down and tear your cell the fucc up ,ripping your paperwork and some more shit..They turn their body cameras off for that..We been begging for cleaning supplies back here and still haven't gotten them,I literally have to order extra soap and shampoo just to clean my cell...They are stealing money by saying they're programming us back here but they aren't doing shit..The old long term seg before they started this fake program thats acting like we're programming back here,u could order your food every week-have your TV in your cell..Now if you're s.m. status every 90 days if you're charge free and complete this two bullshit journals they give you s.m. 1 can order 15$ worth of food and s.m. 2 u can get on in 90 days after you become sm1 u can order 30$ in food..I'm on the worse level I.m. so for I.m. u have to stay six months charge free and complete the journal then u can order 15$ and six months after that u can order 30$.. but right now being on I.m. zero I have to stay charge free and basically its like I'm doing regular segregation time and simply just sitting in an empty cell..This shit not right and its hard to raise attention to this shit if u don't have the right resources..Red onion is a racist ass place

and basically a bunch of family members that live out here in this racist ass region ...If u argue with these people they buck on your trays and won feed u-theyre not given us the outside rec we pose to have...The shit that they put us thru got everybody back here on mental health meds -this shit doesn't help u not come back to prison when u get released cause a lot of guys go home fucced up cause of the things they go thru mentally up here...They literally treat us like animals..We asked the head people here can we run a program far as self help thinking for a change and simply run a class ourselves and they can get the credit for it-they said no..Imagine sitting in a cell everyday starving -u only can take 3 showers a week ,u can only get the phone twice a month and when its time for u to take a shower or go to outside rec they tell u ,your cell not in compliance shower and rec denied..we have nowhere to hang up our clothes so for example u might have a piece of string long as ur arm going across the under arms of ur table in the cell to hang ur wash rag on to dry-they deny your shower and rec for that..I wish I had access to a phone so I could make a tik tok and bring attention to this shit cause I learned when the media gets involved this place gets scared..they feed u right and do everything they pose to do..that's how it was when u all seen the hunger strike on the newsletter online..I don't mean to talk ur head off its just I'm beyond frustrated with this bs...hopefully your days been going OK hmu when u find time stay beautiful focus and always stay you....
Love,Ez

Chapter 1:

Residue
I was born in the system
May 11, 1992
Fauquier County Hospital
Warrenton Virginia
My Biological Mother Was Incarcerated with Me in her stomach
For Accessory Too Murder..
I was Placed up For adoption at Two Weeks Old..My Biological
Mother's Heroin Addiction Had Me Feeling like the Residue Of It..

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Imma stop their..
That was a small exert of how My Autobiography starts.
I just felt like writing it.. thats is how I currently felt
I apologize I wasn't able too call & just now responding too this message..
Things tend too happen that can throw plans off course..

Message from Web 8.7.24

Current Vibe:
{Traumatized -- Mozzy}

**I Wonder At times If I Cry Will it turn into a Flood,
Or Maybe Even Blood From All These Wars I Fought in this Mud..**
-Web

I say All That too say I've spent Most Of My Life Held Captive within Prison Way Before I Was even Physically incarcerated..Caught Within My Own Web..
Ironic Huh?
Does it Make Me Abnormal That all The Ones I consider My Real Friends Are What Too Be Labeled by The System or others as Killaz? Robbers? Hustlaz? Gangsta's Who are Real Genuine Men & Just Grew Up With Poor Righteous Teaching?.. Who didn't get it until they were sentenced too time they cant currently view the end of?
Am I wrong for feeling a since of happiness knowing that their still breathing Because the rest of my close ones are dead..
I guess its safe too say I Suffer From Survivor's Guilt..
Because I'm solely the LAST ONE out of my inner circle I grew up with that is Alive & Have a Release Date that's not far..I'm smart enough too know the streets Can Never Love any of us..Its all a Lie!! I Promise its More too Life!! PLEASE Listen..Because I Didn't..
The end result is a Box Or a Box..Concrete Or Pinewood..choose One ..One is guaranteed.. Both in my case I guess I'm just that Caged Bird That finally just Realized feathers & Wings that can take me Where ever..
Listen Too My Story & View Through My Eyes..

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Message from Charlie 6.13.24

Hello there,hope my last rushed message made it sharing some of our current struggles and horrible conditions here in this draconian tortuous Smelly Red Onion!?Because they have been known to Ghost our messages under the guise of some made up policy violation!?They just opened up a brand new solitary unit this Tuesday and we've yet to receive the phone or kiosk to send and receive messages.They're extremely short staff and this is their excuse to further socially isolate us. They're still torturing us with starvation diet's and when we file grievances they lie and deny them saying the issues do not personally effect us...The major road block is the Red Onion is using the ongoing ACLU lawsuit fighting long term segregation as a smoke screen to deny access to letting any outside watchdog groups inside to inspect or take our personal testimony on the criminal injustices being implemented on us.
I've been charge free for seven and a half months and still can not order canteen,(food or coffee)use the phone,visit my girl and family, watch TV,or even have access to religious services or library!I write grievances and they illegally retaliate against me by shaking my cell down, tearing my few precious family photos down and even ripping some of my dead friend's pictures I'll never replace. When I plea to the administration they laugh or lie and say they've investigated these claims and they're false!And when it's their actual lying word against ours it's a no brained assumption who they're going to believe!?I've never had to lie one time to these loser's who run this crooked nepotism infested racist penitentiary, but its me who they'll swear is lying when I speak out to the horrors and tortuous conditions being waged against is on a daily basis.
I want to continue down the path of change and redemption I was living and leading in Colorado after years of violence and solitary confinement destroyed my life.I met an amazing women... who is by far my biggest advocate and supporter screaming from her bigger than life voice to the powers to be that I am being badly mistreated and wrongfully locked down for 4 ½ and 5 ½ year

old assaults in Colorado where I've already paid huge debts to society, and the institutions in Colorado only to be sent into another five plus year illegal draconian solitary confinement program.Where they have falsified my Colorado assault history and blatantly violated my due process at every faze of this horrible experience!
But still the fight in me is strong and fueled by the knowledge that the truth is on my side and these injustices being placed on so many here in the Red Onion will one day be righted and those responsible held responsible in the court of public opinion if no where else. I have big proverbial shoulders and can carry this heavy load being weighed down so heavily on me and my beautiful women who has probably been hurt even more in this insane move.Where weeks before being kidnapped was allowed to come and visit me four days in a row contact visits for six hours each day with children, elderly,puppies,male and female correction officers without any handcuffs or restrictions. To complete cruel and unusual solitary confinement, no phone calls regular or video visitation privileges!
All I wish for is to be given the chance to pick up my path of rehabilitation and redemption as well as rebuilding a broken violent past of over thirteen years in solitary confinement that has already crushed my beautiful spirit before meeting the most amazing women on the planet who showed me a life I never believed in for myself and hope for changing other broken young men's lives by being a living walking example of real life rehabilitation.
I'd love this message shared and fact checked if anyone doesn't believe any word of this true vulnerable testimony and vision of actually making a difference still, even after being ripped away from everything good in my life and throwing me back into a nineteenth century hellish cruel solitary program where I've not even gotten five minutes of sunlight in seven and a half months, 45 lb weight loss from several different starvation diet's. No phone or visits and almost everyday witnessing some sort of unbelievable conditions including feces and urine being used as weapons against both incarcerated persons or badly paid and official (Lt. Joshau R. Massingill, Sgt. Taylor, etc...).I've had an additional seizure since and I've been experiencing severe headaches & backpain on a regular basis every since. I don't know what's physically wrong with me now and my request to be seen for medical treatment continues to go unanswered. I just know that I no longer feel the same. So I'm working my way through the process of exhausting my remedies first.I thought it would've been premature to voice anything pertaining to the excessive force & continual violation of my 8th amendment rights to be protected against cruel & unusual punishment and the negligence that has ensued. Once I teach myself how to structure my lawsuit & file a summons, then I'll push a letter vividly detailing the things that I've been subjected to & the efforts being made to coverup the incident by ROSP senior officials.Or you can post what's already been said on whatever social platforms you believe will bring these issues to the attention of the appropriate authorities. Thanks again.
P.S.I'm on hunger strike.4 days in 10 meals missed this morning. Its now Aug. 4th,2024.

Editor's note: despite emailing a handful of publications and news sites that usually boost this type of media, it was never shared on a large platform but did lead to some comrades reaching out directly to Nasseem. Nasseem didn't give permission to publicize any of our direct correspondence, but we were in touch for a couple months.

Note: In accordance to DOC policy & directives two Group 2 Offenses are regulated by an immediate termination of any correctional employee, while one Group 3 offense violation is absolute grounds for the same action of termination by rule. All officials acted under the color of state law, as correctional officers employed by the Virginia Department of Corrections (VADOC), and thereby are subject to face occupational expulsion & civil liabilities under the code of Virginia for constitutional violations made against inmate Naseem Roulack in blatant disregard to clear policies set forth by both, state law & federal statute.

Attention: If I am subjected to any harassment as to the result of this report , it is retaliation in clear violation of my first amendment rights under US Constitution and federal statute as well.Be it the restriction of communication with the outside world or my family taken, this will be the grounds for further legal action under civil law.

(author's note: I got in contact with Naseem, I confirmed permission from him to share the above message, but didn't receive a response about consent to share correspondence)

Follow-up message 8/2

Yes ...you can definitely use the content within any messages that I send to you pertaining to the things that individuals are being subjected to.I am currently on hunger strike for the fourth time due to these people denying my due process right after appealing a charge which was vacated and revise.Yet they are still holding me in long term conditions based on the initial charging without any reclassification.

Follow-up message 8/4

I'm currently going through some legal matters of my own with these ppl having pepper sprayed me as I laid unconscious & unresponsive in my cell after experiencing an apparent seizure. Afterwards they drug my body (both handcuffed and shackled) onto the pods top tier, where they began striking me in the head until a nurse on call began to scream in protest against their actions. This came after being harassed and OC sprayed twice (May 11th & May 24th) in less than two weeks by the same treated staff also by the "good ole boy" administration who are actually the biggest corrupt lying dirt bags I've yet to encounter in over twenty years in Texas,Mississippi, Colorado, and the Federal penitentiary in Florence!

I'm in serious danger of retaliation for speaking out and is the reason I do not want to name specific individuals or incidents, but am willing to if in a safe manner like to the ACLU or other social justice lawyers wanting honest testimony from someone who is clearly a living hurting convict being unjustly treated for almost five and six year old mistakes I've paid dearly for.Including my taking accountability for and pleading guilty to and accepting a 53 yr sentence, 2 yrs in solitary confinement in Colorado, and almost three years in step down program earning five special contact visits and three years of no violence,with only one horseplay fighting write up. I would love to be given back half of what I lost in being sent to this draconian hell they're bidding in word play saying we aren't in solitary confinement because they pretend any of us get out of our cell for four hours a day,either chained to a table,or let in a 8×10 dog cage without any sunlight clean workout area,or social interaction with anyone you'd be able to relate to!Even writing this is unbelievable, except its real hell!

Message from Blocko, 7.24.24

Violations to 8th Amendment rights & protections promised under the Cruel & Unusual Punishment Clause, endured by inmate Naseem Roulack #1933331. (A high-profile inmate being held under level-S intensive management status, who went on hunger strike at the time of these encounters due to an onslaught of harassment & continual attempted abuses at the hands of Red Onion State Prison officials.)

On Wednesday, July 10th,2024 @ approx.1:25PM, Naseem Roulack was housed under mental health recommended observation in Medical Cell #1 at Red Onion State Prison (ROSP).Upon walking to his window, his chain-linked door was radioed in to be opened and he was unexpectedly pepper-sprayed through the crack by ROSP's Sgt.Tifton, without any warranted penological justification or reasoning. Afterwards, he used the dispersal of OC spray as a manipulative means to further carry out a physical cell extraction under pretenses of decontaminating medical cell #1. He then proceeded by verbally taunting or challenging inmate Roulack rather, with offhandedly racial slurs in an effort to provoke him into refusing to cooperate with orders to be restrained and threatening to beat him maliciously. During this instance, he was commanded to strip and cuff up by ROSP's Lt. Bagley, to which he complied and relinquished the one-piece smock afforded to inmates at minimum on suicide watch per policy and standard. Upon being doubled cuffed, he was forcibly taken out from the cell completely naked with his genitals exposed in a common area known to be exclusively occupied or frequented predominantly by female correctional staffing & nursing practitioners. Lt. Bagley and officer Combs then directed him, still without clothing, across the infirmary's dayroom floor and into the shower area. This was done in spite of constant pleas from the inmate to be placed back into his strip-cell protocol issued smock & without any regards to the substantial risk of serious harm inflicted upon his mental health or well-being. This inmate is currently assigned a Mental Health Classification Code "2". Be that as it may, no mental health clinician was neither notified or called to assess inmate Roulack state subsequent to the incident during this day in accordance to policy.
Nor was any reports of the incident made or exchanged to explain the psychological impairment caused and escalated behavioral distress that unfolded as a result to the actions of these officers (in violations of Article 2.1 under the Code of Virginia 53.1- 40.10) .He asked for their worn AXOM bodycams to be activated also, in hopes of documenting the wantonly inhumane & unnecessary conduct as it occurred; At which point he was told by Lt. Bagley that he alone, "gets to control what the administration see & don't see happen around here. And if they don't see it, then it never happened," he asserted as he nonchalantly denied and smirked off inmate Roulack's grievances & desperate pleading. Already cuffed & shackled, the inmate could neither be, if he ever had been perceived to pose any institutional threat or possible security risk. Therefore, without any legitimate security reason or overriding concerns to safety, the actions of these officers were unwarranted and done with a culpable mindset intended solely to humiliate and cause him further psychological anguish. This incident led only to more traumatization and cause inmate Roulack to suffer a mental breakdown. He began to spread his own feces onto himself & throughout the cell in hopes that it would deter the officials from attempting more abuses or violating him any further.
These officers (Lt. Bagley, Sgt. Tifton, Officer Combs & Officer Wells) were either actively involved or presently negligent to intervene as his rights to be protected against cruel & unusual punishment were disregarded & deliberately violated. As their names are stated within the above sworn complaint, these officers failed following Virginia's DOC Directives and Standards of Conduct operational procedures 135.1 V. Group Offense 2 (A.)(Failure to follow supervisor's instructions or clearly established written procedures) & Group Offense 3 (Q.) (physical or other abuses of a ward of the state,which includes verbal or mental).